



Goffstown High School Varsity Swim Team

Our varsity swim team will consist of swimmers with a mature attitude who are serious about their training. They will be wearing Goffstown High School colors and represent everyone who came before them, is here now, and who has yet to arrive. Workouts will be vigorous and designed to make the swimmer the best they can be. All swimmers will be fierce but humble and gracious competitors, acknowledging their opponents efforts as if they are their own team mates. They will swim every race, every length, every stroke, as if the season depends on it and leave everything in the pool!

Practice:

You are expected to attend every practice on time and ready to go. If you cannot make practice or will be late for any reason, let one of the coaches know before the practice. If you do not attend school as a result of illness, you will not be allowed to practice or attend a meet that day. If you attend an all-day meeting or field trip during the school day you are still expected to attend practice that night. You are expected to use mature behavior in the locker room, on deck, and in the pool. You are representing the team and will treat the facility with respect and leave it cleaner than the way you found it.

Swim Meets:

All meets are mandatory. The coach will decide the lineup, if there is an event you would like to try please inform the coaches so they can try and get you into it at an upcoming meet. You are expected to exude excellent sportsmanship at all meets. You are a team and need to be available to support your team. You are expected to sit with and cheer for your teammates throughout the entire meet. You are expected to ride the team bus to and from all away meets.

Student Athlete:

Please remember that you are students first and swimmers second. This is not to say that you should slack off on your swimming. This means you need to stay organized and keep track of what you need to get done. If you have concerns about your school classes please let someone know, be it your coaches, counselor, parents, teammates, or teachers. Many people are around and willing to help.

A very important reminder:

Drugs, alcohol, and tobacco products cannot be tolerated at any time during the swim season (or otherwise). You are absolutely not to attend parties where drugs or alcohol are being used. Be mindful of what you post on Facebook, Twitter, Instagram, etc. Social media sites can be incriminating and will be looked at if a concern is brought to the attention of the coach.

Team Building:

Although team building activities outside of practice/meet times are not mandatory it is highly recommended that all swimmers make their best effort to attend. These activities are scheduled to help the team bond and become stronger as a whole. Swimming is a team sport and each member of the team is an important member regardless of speed/skill in the pool.

Parent Expectation:

Parents are our best supporters and fans! We encourage you to sit together at meets and wear grizzly colors with great pride! Don't be afraid to make some positive noise. Also as parents, you always want what's best for your swimmer which can make it difficult to see the big picture. Please support your swimmer as best you can but leave the coaching up to the coaching staff! If you have any questions about coaching strategies or philosophies please talk to the coach in person, phone, or email. The best thing you can do is to be proud and encourage your swimmer as they are working hard!

Volunteers:

We cannot run our swim meets without the help of volunteers. We will need you to step up and help time. We also have the opportunity to run concession stands at the meet to fundraise for the team. The ability to do this will depend solely on volunteers as the coaching staff and swimmers will need to be focused on the swimming.

*****Most importantly we want you to work hard and have fun! If you have any concerns during the season please have open communication with your coach to discuss your concerns. *****